

RSHE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F1	Who are my family, who are my friends?	How are we different?	Who can help me?	What are healthy foods?	How can I keep myself safe?	Where am I going next?
F2	Settling into school routines.	Why do we have rules at school? How can I make friends? What makes us special?	Why do I need to stay clean? Why am I feeling like this? Why am I angry?	What will I be when I grow up? Why should I wait my turn? Should I always eat healthy food?	What is important to you? Who are my family? How can I understand my feelings?	What are the different parts of my body? Who are strangers? What are my goals for Year 1?
Year 1	Who is in my family? Who are my important people? What makes a person?	What makes me happy? What does sad feel like? Why do we have rules?	Is it kind or unkind? Is teasing ever ok? What should I do if I don't like it?	What does worry feel like? How do I keep safe? What should I do in an emergency?	When should I wash my hands? Why are teeth important? What should I do with money?	What did I need as a baby? How can I be more grown up? Do I always have to be the best? RSE Naming body parts
Year 2	Why should I exercise? What if I don't like vegetables?	Can I stop myself being ill? What does angry feel like?	Is it right or wrong? How can I compromise?	How do I contribute? How can I save the planet?	Do I know my body?	Should I keep a secret? Am I safe online?

	Are medicines always good?	How do I make you feel?	What are rights and responsibilities?	Where could money come from?	What does private really mean? Who can I trust? RSE Naming body parts – within TP 13	What should I aim for?
Year 3	What can affect my health? What is a balanced lifestyle? What is Health and Safety?	How does smoking damage health? Who can help me be safe? What is restorative justice?	What are my rights and responsibilities? What happens if I break a rule? Why should I tell the truth?	What does honesty really mean? What do I do when my friends are sad? How do my actions affect?	What are my relationship rights and responsibilities? How do I raise my concerns? What is a community?	How can we be different? Who else lives in my region? Who else lives in the UK? RSE My personal and private body parts and keeping safe Body Care
Year 4	What is that feeling I have? What do I do when my friend is cross?	How do I do emergency first aid? Am I at risk? How do I stay safe online?	Am I safe on my mobile phone? What can I do about negative thoughts? Should I own up?	Is it ok to hug? What is an aspiration? What is enterprise?	What worries me in the world? What is discrimination?	How do I support my community? What's a volunteer? Can I volunteer or help others?

	How do I compromise?				What does it mean to be anti-social?	RSE My personal and private body parts and keeping safe Body Care
Year 5	Can I set goals for me? How does alcohol damage my health? Can my mind get ill?	How do I make a choice? Should my heart rule my head? Why is change so scary?	What is peer pressure? What if I'm uncomfortable? What is loss?	Is my relationship unhealthy? What's a relationship commitment? What is a stereotype?	What is prejudice? How do I challenge someone's views? What is a debt? RSE Puberty Menstruation Staying clean during puberty	Who pays tax and What does it do? Who chooses who runs our country? Can I save money and the environment?
Year 6	How should I manage my money? How do drugs damage my health? What affects my mental health?	Will sad things happen to me? How do I break a habit? Should I give in to peer pressure?	DAaRT Should I send/post something I'm not comfortable with? What if I get dared?	What is puberty? How do humans reproduce? How do we look after ourselves?	Are images in the media real? Should I trust the media? Should I join in in an argument?	Am I a cyberbully? Have I trolled someone? What sort of person should I be? RSE

			If it happens all the time, does it mean it's right?			Conception – How babies are made
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